

Super-Duper Spread

Peanut butter never tasted so good!

5 servings

Ingredients:

- 1 apple
- 1 cup peanut butter
- 1/4 cup honey
- 1 teaspoon cinnamon

Directions:

1. Wash, peel, core and dice apple.
2. In a medium mixing bowl, combine apple, peanut butter, honey and cinnamon until well blended.
3. Spread filling on whole wheat bread, celery sticks, graham crackers or pretzels.

Nutrition Facts: One 1/4 cup serving provides 380 calories, 26g total fat, 0mg cholesterol, 240mg sodium, 31g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Super-Duper Spread
Whole Wheat Bread,
Celery, Carrots, Graham
Cracker or Bagel
Low Fat Milk

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